



Discover your raleigh parks and recreation Department

Green Road Community Center Fall 2011 Classes

Adult Classes

Karate - Traditional Okinawa Shorin-Ryu: (ages 13+) - This class teaches the student the blocking, punching and kicking techniques of traditional Shorin-Ryu karate. The student will learn the weapons of karate such as, the bo, sai, nunchaku and tonfa. Forms (Kata) and sparring techniques will also be taught, along with ground grappling applications for self-defense. The important benefit to this class is that the student will be equipped with the skills and self confidence that will enable them defend themselves and their love ones against attacks. Another important benefit is that the participants will learn the basic disciplines of martial arts which include courtesy, modesty, perseverance, self-control, exercise and respect.

#113006	Sept 2—30	Class Fee: \$60.00	Monday, Wednesday, Friday 7:30 pm—8:30 pm
#113007	Oct 3—28	Class Fee: \$60.00	Monday, Wednesday, Friday 7:30 pm—8:30 pm
#113008	Nov 2—30	Class Fee: \$60.00	Monday, Wednesday, Friday 7:30 pm—8:30 pm
#113009	Dec 2—30	Class Fee: \$60.00	Monday, Wednesday, Friday 7:30 pm—8:30 pm

Basketball - 30 and Over League: (ages 30+) - This basketball league designed for people over the age of 30 and still wanting to play organized basketball. Teams are encouraged to join. Registration will be held August 15 - 28. Games will be played in September and October.

#112378	Aug 15—28	Class Fee: \$400.00	Tuesday, Thursday 7:00 pm
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NIA Fitness: (ages 13+) - The principles of Nia explore the mind, body, emotion and spiritual connections in a non-impact practice that combines martial arts, dance and healing arts. It delivers a safe, effective cardiovascular workout with the total body conditioning adaptable to all fitness levels. To learn more, please visit: www.trianglenia.com. Instructor Laura Ghantous.

#111976	Sept 8—Oct 13	Class Fee: \$48.00	Thursday 10:00—11:00 am
#111977	Oct 20—Dec 1	Class Fee: \$48.00	Thursday 10:00—11:00 am

Martial Arts - Aikido: (ages 16+) - Aikido is a fantastic program that has been running strong for over 10 years at Green Road. Aikido is the Martial Art that focuses on using minimum effort with maximum efficiency by using throws, joint holds, chokes and body movements to avoid attack. In addition, it concentrates on self defense strategy and technique as well as staying in good shape.

#111928	Sept 1—27	Class Fee: \$35.00	Tuesday & Thursday 7:15—8:45 pm
#111929	Sept 29—Oct 25	Class Fee: \$35.00	Tuesday & Thursday 7:15—8:45 pm
#111930	Oct 27—Nov 22	Class Fee: \$35.00	Tuesday & Thursday 7:15—8:45 pm
#111931	Nov 29—Dec 22	Class Fee: \$35.00	Tuesday & Thursday 7:15—8:45 pm

Safety & Personal Protection: (ages 18+) - Once a criminal has chosen you as a target of crime, you will have between 3-5 seconds to initiate your plan of escape. You'll physically practice 'break-away' techniques, physical maneuvers and learn how to use of everyday items as a weapon can keep you safe from bodily harm if approached by a criminal. You and your friends need to be 'in the know'; be ready with your plan!

#112416	Dec 4	Class Fee: \$35.00	Sunday 1:00—4:00 pm
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Adult Classes (continued)

Yoga (Single Classes): (ages 18+) - Breath, balance, flexibility and strength are all necessary components for the wellness of our mind and body. Yoga, when practiced routinely, offers to each of us opportunities to connect with ourselves more deeply to a better understanding of who we are. Stretch Yoga pays specific attention to breath, balance and flexibility and offers movement for your body without strenuous activity. Instructor: Susan King, LMBT.

#112005	Sept 7	Class Fee: \$6.00	Wednesday 10:00—11:00 am
#112006	Sept 14	Class Fee: \$6.00	Wednesday 10:00—11:00 am
#112007	Sept 21	Class Fee: \$6.00	Wednesday 10:00—11:00 am
#112008	Sept 28	Class Fee: \$6.00	Wednesday 10:00—11:00 am
#112009	Oct 5	Class Fee: \$6.00	Wednesday 10:00—11:00 am
#112010	Oct 12	Class Fee: \$6.00	Wednesday 10:00—11:00 am
#112011	Oct 19	Class Fee: \$6.00	Wednesday 10:00—11:00 am
#112012	Oct 26	Class Fee: \$6.00	Wednesday 10:00—11:00 am
#112013	Nov 2	Class Fee: \$6.00	Wednesday 10:00—11:00 am
#112014	Nov 9	Class Fee: \$6.00	Wednesday 10:00—11:00 am
#112015	Nov 16	Class Fee: \$6.00	Wednesday 10:00—11:00 am
#112016	Nov 23	Class Fee: \$6.00	Wednesday 10:00—11:00 am
#112017	Nov 30	Class Fee: \$6.00	Wednesday 10:00—11:00 am
#112018	Dec 7	Class Fee: \$6.00	Wednesday 10:00—11:00 am
#112019	Dec 14	Class Fee: \$6.00	Wednesday 10:00—11:00 am
#112020	Dec 21	Class Fee: \$6.00	Wednesday 10:00—11:00 am
#112024	Dec 28	Class Fee: \$6.00	Wednesday 10:00—11:00 am

Yoga (8 - Class Punch Pass): (ages 18+) - Breath, balance, flexibility and strength are all necessary components for the wellness of our mind and body. Yoga, when practiced routinely, offers to each of us opportunities to connect with ourselves more deeply to a better understanding of who we are. Stretch Yoga pays specific attention to breath, balance and flexibility and offers movement for your body without strenuous activity. Instructor: Susan King, LMBT.

#112023	Sept—Oct	Class Fee: \$48.00	Wednesday 10:00—11:00 am
#112004	Nov—Dec	Class Fee: \$48.00	Wednesday 10:00—11:00 am

Weight Room/Fitness Center: (ages 18+) - Check out the fitness rooms around the city! Take advantage of the variety of cardiovascular and strength training equipment available around the city and get into shape. The fitness rooms will be open during normal center operating hours. Participants must be 18 years of age or older. Please see staff for additional information.

#113904	Sept 1—30	Class Fee: \$10.00	Mon-Fri: 10 am-9 pm, Sat: 9 am-3pm, Sun: 1 pm-6pm
#113905	Oct 1—31	Class Fee: \$10.00	Mon-Fri: 10 am-9 pm, Sat: 9 am-3pm, Sun: 1 pm-6pm
#113906	Nov 1—30	Class Fee: \$10.00	Mon-Fri: 10 am-9 pm, Sat: 9 am-3pm, Sun: 1 pm-6pm
#113893	Dec 1—31	Class Fee: \$10.00	Mon-Fri: 10 am-9 pm, Sat: 9 am-3pm, Sun: 1 pm-6pm
#113947	Sept 1—Dec 31	Class Fee: \$40.00	Mon-Fri: 10 am-9 pm, Sat: 9 am-3pm, Sun: 1 pm-6pm





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Adult Classes (continued)

Zumba & Zumba Toning (7- Class Punch Pass): (ages 12+) - When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students. Instructed by Maria Elena Angel-Williams. Pass is good for Zumba and Zumba Toning.

Class Fee: \$25.00 for a 7 class punch pass (2 free classes)

Zumba Class Day & Time: Mondays and Wednesdays from 6:00—7:00 pm.

Zumba Toning Class Day & Time: Friday 6:00 – 7:00 pm.

#112417	Sept 2—19	#112455	Nov 2—Nov 21
#112418	Sept 21—Oct 10	#112456	Nov 23—Dec 12
#112454	Oct 12—31	#112457	Dec 16—30

Zumba (Single Classes): (ages 12+) - When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students. Instructed by Maria Elena Angel-Williams.

Class Fee: \$5.00 per class. Class Times: 6:00—7:00 pm.

#112421	Sept 7	Wednesday	#112445	Nov 2	Wednesday
#112423	Sept 12	Monday	#112447	Nov 7	Monday
#112425	Sept 14	Wednesday	#112448	Nov 9	Wednesday
#112426	Sept 19	Monday	#112449	Nov 14	Monday
#112427	Sept 21	Wednesday	#112450	Nov 16	Wednesday
#112429	Sept 26	Monday	#112452	Nov 21	Monday
#112430	Sept 28	Wednesday	#112453	Nov 23	Wednesday
#112432	Oct 3	Monday	#112458	Nov 28	Monday
#112433	Oct 5	Wednesday	#112459	Nov 30	Wednesday
#112435	Oct 10	Monday	#112461	Dec 5	Monday
#112436	Oct 12	Wednesday	#112462	Dec 7	Wednesday
#112438	Oct 17	Monday	#112464	Dec 12	Monday
#112439	Oct 19	Wednesday	#112465	Dec 14	Wednesday
#112441	Oct 24	Monday	#112467	Dec 19	Monday
#112442	Oct 26	Wednesday	#112468	Dec 21	Wednesday
#112444	Oct 31	Monday	#112470	Dec 28	Wednesday



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Adult Classes (continued)

Zumba Toning at Green Road (Single Classes): (ages 12+) - Participants who wish to learn how to blend body-sculpting techniques and specific Zumba moves into one calorie-burning, strength-training class, this is your class! You'll learn how to use weighted, maraca-like Zumba Toning Sticks to enhance rhythm, build strength and tone all the target zones. Instructed by Maria Elena Angel-Williams.

Class Fee: \$5.00 per class. Class Times: 6:00 – 7:00 pm.

#112380	Sept 2	Friday	#112396	Oct 28	Friday
#112382	Sept 9	Friday	#112398	Nov 4	Friday
#112384	Sept 16	Friday	#112402	Nov 18	Friday
#112386	Sept 23	Friday	#112405	Dec 2	Friday
#112388	Sept 30	Friday	#112407	Dec 9	Friday
#112390	Oct 7	Friday	#112409	Dec 16	Friday
#112392	Oct 14	Friday	#112411	Dec 23	Friday
#112394	Oct 21	Friday			

Dog Obedience - Basic: (ages 18+) - For dogs with little or no prior training. Dogs of all ages. (puppies must be over 12 weeks) Learn basic skills, house manners, and fun tricks. Great socialization!!! Must bring proof of your dogs vaccinations to first class. Also bring lots of soft treats and toys your dog likes. Classes are held biweekly.

Class meets at Brentwood Neighborhood Center – 3315 Vinson Court, Raleigh, NC 27604

#116212	Sept 12—Nov 21	Class Fee: \$100.00	Monday 6:30 pm—7:30 pm (every other Monday)
#116214	Sept 19—Nov 28	Class Fee: \$100.00	Monday 10:30 am—11:30 am (every other Monday)

Dog Obedience - Advanced: (ages 18+) - For dogs of all ages that have had some prior training such as a puppy or basic class. Learn Advanced skills, work on all your dogs skills for in home and out in public. Great refresher for a dog that has not had recent training. This will get your dog ready to move on to fun sports such as, Rally, Agility, Fly ball, or to get your dogs CGC and much more. Must bring proof of your dogs vaccinations to first class. Also bring lots of soft treats and toys your dog likes. Classes are held biweekly.

Class meets at Brentwood Neighborhood Center – 3315 Vinson Court, Raleigh, NC 27604

#116258	Sept 12—Nov 21	Class Fee: \$100.00	Monday 7:45 pm—8:45 pm (every other Monday)
#116259	Sept 19—Nov 28	Class Fee: \$100.00	Monday 11:45 am—12:45 pm (every other Monday)

Adult Book Club: (ages 18+) - Join the Green Road Library staff at the Green Road Community Center on the third Tuesday of each month to discuss the book selection of the month.

#111972	Sept 20	Class Fee: FREE	Tuesday 7:00 pm—8:30 pm
#111973	Oct 18	Class Fee: FREE	Tuesday 7:00 pm—8:30 pm
#111974	Nov 15	Class Fee: FREE	Tuesday 7:00 pm—8:30 pm
#111975	Dec 20	Class Fee: FREE	Tuesday 7:00 pm—8:30 pm

English as a Second Language (ESL): (ages 18+) - These classes are offered for beginner levels. Classes are designed for people that utilize a primary language other than English and are interested in learning important skills to communicate in English.

#112631	Sept 17-Oct 22	Class Fee: FREE	Saturday 11:30am-1:00pm
#112632	Nov 5-Dec 10	Class Fee: FREE	Saturday 11:30am-1:00pm





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Senior Classes

Bingo: (ages 55+) - Come and enjoy making friends and sharing lots of laughs while playing Bingo! This is not your typical Bingo.....we play a variety of games each day from straight bingo, to 4 corners, postage stamp and clear all. Cost is \$1 for 3 cards or 50 cent per card. **Bingo meets at Brentwood Neighborhood Center – 3315 Vinson Court, Raleigh, NC 27604**

#111933	Sept 6—27	Class Fee: FREE	Tuesday 10:00 am—12:30 pm
#111934	Oct 4—25	Class Fee: FREE	Tuesday 10:00 am—12:30 pm
#111935	Nov 1—29	Class Fee: FREE	Tuesday 10:00 am—12:30 pm
#111936	Dec 6—27	Class Fee: FREE	Tuesday 10:00 am—12:30 pm

Senior Monday Morning Movies: (ages 55+) - Are you in the mood for a good movie, popcorn and soda? Then come join your friends as we view current films as well as classics in a friendly environment. Movie requests are welcome as well!

Preregistration is necessary due to popularity!

#111938	Sept 12	Class Fee: \$2.00	Monday 10:00 am—12:00 pm
#111939	Sept 19	Class Fee: \$2.00	Monday 10:00 am—12:00 pm
#111940	Sept 26	Class Fee: \$2.00	Monday 10:00 am—12:00 pm
#111941	Oct 3	Class Fee: \$2.00	Monday 10:00 am—12:00 pm
#111942	Oct 10	Class Fee: \$2.00	Monday 10:00 am—12:00 pm
#111943	Oct 17	Class Fee: \$2.00	Monday 10:00 am—12:00 pm
#111944	Oct 31	Class Fee: \$2.00	Monday 10:00 am—12:00 pm
#111945	Nov 7	Class Fee: \$2.00	Monday 10:00 am—12:00 pm
#111946	Nov 14	Class Fee: \$2.00	Monday 10:00 am—12:00 pm
#111947	Nov 21	Class Fee: \$2.00	Monday 10:00 am—12:00 pm
#111948	Nov 28	Class Fee: \$2.00	Monday 10:00 am—12:00 pm
#111949	Dec 5	Class Fee: \$2.00	Monday 10:00 am—12:00 pm
#111950	Dec 12	Class Fee: \$2.00	Monday 10:00 am—12:00 pm
#111951	Dec 19	Class Fee: \$2.00	Monday 10:00 am—12:00 pm